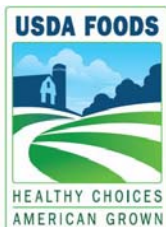


USDA Foods Product Information Sheet

For Child Nutrition Programs



110089—Beans, Garbanzo, Dry

Category: **Legume Vegetable/Meat Alternate**



PRODUCT DESCRIPTION

This item is grade U.S. No. 1 dry garbanzo beans in 25 pound bulk bags.

CREDITING/YIELD

- One 25 pound bag of dry beans provides about 319 ½-cup servings of cooked great northern beans.
- CN Crediting: ½ cup cooked garbanzo beans credits as ½ cup legume vegetable OR 2 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Use garbanzo beans as a protein source in pasta dishes, soups, and cold vegetable salads or tuna salad.
- Garbanzo beans can also be made into hummus that can serve as a tasty dip for vegetables and whole wheat pita bread or used as a sandwich spread.
- Soak dry beans overnight for best cooking results.
- For more culinary techniques and recipe ideas, visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (82 g) garbanzo beans, cooked, boiled, without salt

Amount Per Serving

Calories 134

Total Fat 2g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 6mg

Total Carbohydrate 22g

Dietary Fiber 6g

Sugars 4g

Protein 7g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.